

FOUR EVANGELISTS ORTHODOX MISSION

BULLETIN

P.O. Box 971

Bel Air, Maryland 21014

Visit us at www.4Evangelists.org

**Ukrainian
Orthodox
Church
of the USA**

Archpastor:
Archbishop ANTONY



**Ecumenical
Patriarchate of
Constantinople**

Pastor:
Father Gregory Czumak
(410) 588-5885
Fr.Gregory@verizon.net

March 15, 2009

Schedule of Services and Activities

Week of March 15, 2009

Great Lent continues

Sunday, March 15, 2009

St. Gregory Palamas Sunday

9:10am Confessions
9:30am Divine Liturgy
Coffee Hour
Church School

Wednesday, March 18, 2009

7:00pm Liturgy of the Pre-Sanctified Gifts

Thursday, March 19, 2009

7:30pm Parish Council Meeting

Sunday, March 22, 2009

Veneration of the Holy Cross

9:10am Confessions
9:30am Rite of Veneration of the Holy Cross
Divine Liturgy
Coffee Hour
Church School
6:00pm Pan-Orthodox Passion Vespers Service at Holy Cross AOC in Linthicum, MD

PLEASE REMEMBER TO PRAY for our Mission Parish Community every day, that, by the grace of God, His Church may grow and become fully established, for the sanctification and salvation of souls, and that He may be worshipped and glorified in an Orthodox manner here in Northern Maryland.

Please remember to prepare for and make your Confession at some point during Great Lent!

Weekly Scriptural Readings and Meneia

Sunday: St. Gregory Palamas Sunday

Hebrews 1:10-2:3 Mark 2:1-12

Hebrews 7:26-8:2 John 10:9-16 (Saint)

Monday: Martyr Sabinas of Egypt

Isaiah 8:13-9:7 Genesis 6:9-22 Proverbs 8:1-21

Tuesday: Venerable Alexius, the man of God,
St. Patrick, Enlightener of Ireland

Isaiah 9:9-10:4 Genesis 7:1-5 Proverbs 8:32-9:11

Wednesday: St. Cyril, Archbishop of Jerusalem

Isaiah 10:12-20 Genesis 7:6-9 Proverbs 9:12-18

Thursday: Martyrs Chrysanthus and Daria

Isaiah 11:10-12:2 Genesis 7:11-8:3 Proverbs 10:1-22

Friday: Martyr Photina the Samaritan Woman

Isaiah 13:2-13 Genesis 8:4-21 Proverbs 10:31-11:12

Saturday: St. Thomas, Patriarch of Constantinople

Hebrews 10:32-38 Mark 2:14-17

Sunday: Veneration of the Holy Cross

Hebrews 4:14-5:6 Mark 8:34-9:1

PLEASE REMEMBER THE FOLLOWING IN YOUR PRAYERS: Archbishop Antony, Metropolitan Constantine, Bishop Daniel, Rdr. Basil Athas, Barry, Beth Albano, Carrie and Jess Bowman, John Broderick, Michael, Mark and Sally Carico, Dana Cline and the children she bears, Rose Cross, Pani Chris Czumak, Andrew, Debbie and Al Eilbacher, Erik, Dorothy Green, Daniel Harrison, John Robert Johnson, Ann Kietzman, Mary Klopac and the child she bears, Alexander Krowzow, Olympia Krowzow, Jocelyn Mathewes and the child she bears, Melissa, David Mukai, Peggy Mukai, Ann, Jonathan, Nadia, Bryan Norton, Theodore Pappas, Megan, David, Hannah, Adam and Michael, Kim, Joe Rehmeyer, Peter Roshak, Anthony Rotondo, James Sanderson, Sara, Ginny Seeley, Thomas Smith, Bobby Sutton, Joe, Susan, Lily, Hannah and Tabitha, Susan, Sophia, Peter, Stephen, Katherine, William, Catherine Lupiwok, Lydia, Bruce, Sophia, Sigmund, Pauline, Gabrielle Walsh, Rachelle Wauhopp-Davis

2009 Tentative Schedule of Parish Events

March

March 19	7:30pm Parish Council Meeting
March 22	Rite of Veneration of the Holy Cross before Liturgy 6pm Pan-Orthodox Passion Vespers Service at Holy Cross AOC

Great Lent is upon us. As a reminder, the Church prescribes the following eating rules for this Fast: we abstain from meat, meat products, eggs, dairy products, fish with backbones, wine, and olive oil. Wine and olive oil are permitted on weekends. Remember, fasting is not an end in itself, nor simply a means to an end, but the *practical enacting* of the virtues of self-control, contentment, temperance, and moderation, among others, by cooperating with the energies, the grace, of God. Abstinence from certain foods is intended as spiritual preparation for an experience of deeper communion with God. Each person is a unity of body and soul. A right spiritual diet and a discipline of fasting go together and strengthen each other. Just as prayer benefits not only the soul but also the body, so also fasting from foods benefits not only the body but also the soul. As St. Isaac the Syrian teaches, there can be no knowledge of the mysteries of God on a full stomach. **Fasting and prayer make us more sensitive to God's personal presence in our daily lives.**

ANNOUNCEMENTS

Lenten Services: the **Liturgy of the Pre-Sanctified Gifts** will be served at 7pm every Wednesday during Great Lent. This week, on March 18th, the Service will be held at the Czumak home. Please see Fr. Gregory if you need directions. **Please make every effort to attend these special Lenten Services** as part of your devotional efforts during the Great Fast. **To receive Holy Communion** at a LPSG (the entire purpose of the Service!), one should take a light meal at midday, and fast completely after that until the Service. We will have a Lenten Potluck Dinner after the Service.

Please note that there will be two **Pan-Orthodox Passion Vespers Services** held on Sunday evenings this Lent: 6pm, March 22, at Holy Cross AOC and 6pm, April 5, at St. Andrew's (OCA). All Baltimore area Orthodox parishes are invited. Guest Homilists will speak. Lenten refreshments will be served after the Services.

Please note that Holy Cross Antiochian Orthodox Church is sponsoring its **9th Annual Church School Camping Trip** at Camp Alkor in Monkton, MD: Friday, May 15, to Sunday, May 17, 2009, for children ages 6-12. Please contact Fr. Gregory for applications.

This year's **Four Evangelists Ironbirds Game** will be held on **Saturday, September 5th, 2009 at 7:05pm. THIS IS A FIREWORKS GAME!** Looking forward to seeing you there!

Four Evangelists Tee Shirts have arrived! Prices range from \$10-\$15, with all proceeds going to the Building Fund. Please contact Tammy Herbert at 443-371-0049 to place your order.

An Orthodox Christian, who, after proper preparation, regularly participates in the Mystery of Holy Eucharist, should also participate in the Mystery of Repentance, making their Confession regularly. At a **minimum**, the fathers of the Church recommend making one's Confession four times per year- once during each of the Fasting Periods (**Great Lent**, Apostle's Fast, Dormition Fast, Nativity Fast), in addition to anytime that sin weighs heavily upon one's soul. **Our Bishops, however, strongly encourage monthly Confession for those who partake of the Holy Mystery of Communion on a weekly basis.** In accordance with the canons of the Church, anyone who misses 3 consecutive Sunday Liturgies **must** make their Confession **prior** to reception of Holy Communion. Confessions will be heard on Sunday mornings just prior to the beginning of Divine Liturgy during the chanting of the Hours, or by appointment with Fr. Gregory.

Anointing with the Oil of Holy Unction for healing is available for Orthodox Christians at the conclusion of each Divine Liturgy. Please come forward if you wish to be anointed.

Coffee Hour Sponsors

March 15 - Krowzow / Norton Families

March 22 - Herbert / Borns Families

March 29 - Czumak Family

April 5 - Potluck Fundraiser

April 12 - Seeley / Klopoc Families

April 19 - Agape Feast from our Pascha baskets

April 26 - Krowzow / Norton Families

(Fast Days underlined)

Please see Pani Chris if you would like to become involved in this ministry.

"First of all, let us discipline our tongue to be the minister of the grace of the Spirit, expelling from the mouth all virulence and malignity, and the practice of using disgraceful words. For it is in our power to make each one of our members an instrument of wickedness, or of righteousness."

Saint John Chrysostom

Current Building Fund: \$23,091.50